



countdown

July 2, 2009

Vol. 14, No. 50

Endeavour's tanking test shows no leaks



◆ Shuttle Update:

The tanking test on space shuttle Endeavour's external fuel tank was successfully completed yesterday with no detectable leaks. Launch of the STS-127 mission is scheduled for July 11 at 7:39 p.m.

◆ **ISS Update:** Expedition 20 Commander Gennady Padalka and Flight Engineers Mike Barratt of NASA and Koichi Wakata of the Japan Aerospace Exploration Agency will undock the Soyuz TMA-14 return spacecraft from the Zvezda service module and fly a short distance to the Pirs docking compartment. The flight is expected to take about 30 minutes.

Live NASA TV coverage will begin at 5 p.m. EDT with undocking planned for 5:26 p.m.

The relocation of Soyuz TMA-14 opens the Zvezda docking port for the arrival of a new Russian Progress cargo vehicle in late July.

■ **More Than Fireworks in the Holiday Skies** — As America celebrates its 233rd birthday this holiday weekend, Americans will be treated to spectacular views of the International Space Station as it orbits 220 miles above Earth.

Many locations will have unusually long sighting opportunities of as much as five minutes, weather permitting, as the station flies almost directly overhead.

To find out when to see the station from your city, visit:

<http://spaceflight.nasa.gov/realdata/sightings>.

ISS Expedition 20 crew members to move Soyuz spacecraft

■ KSC Fitness Center Group Exercise Classes

A new group fitness class schedule will begin Monday and will run through Sept. 30. In addition to the usual aerobic, resistance training and mind-body classes, four new classes are being offered: Cardio Pump, Hit All the Bases, Pilates and ZUMBA® Toning.

Cardio Pump is a 30-minute, cardio-based class that will incorporate muscle work. *Hit All the Bases* is a full-body muscle workout using a variety of tools. *Pilates* is a compilation of exercises appropriate for group exercise that is derived from classic disciplines, such as yoga, sports and rehabilitation conditioning, and dance. *Zumba® Toning* takes the original Zumba dance-fitness class to the next level utilizing an innovative muscle training protocol with the addition of lightweight toning sticks.

New schedules and class descriptions are available at both the O&C and OSB facilities! Contact Alycen LaBarca at alycen.m.labarca@nasa.gov for more information.

■ Employee Assistance Program

(EAP) Support Groups — Feel alone with your problems? EAP is interested in facilitating support groups for employees at KSC and would appreciate your feedback. Those interested in attending a support group on a regular basis, please contact Patricia Bell at patri-cia.bell@nasa.gov or 861-8647 or Walter Hersing at Walter.S.Hersing@nasa.gov or 867-7398. Some EAP support-group topics to consider are cancer support, divorce recovery, elder-care support and grief support.

■ **Saving Energy** — It takes commitment from everyone at KSC and CCAFS to help save energy dollars. Every day, before going home for the day, please remember to:

- ◆ Turn off your computer, monitor and printer (if not required to remain on).
- ◆ Turn off the lights in your office when you are the last person to leave.
- ◆ Turn off the hall and hall closet lights on your way out if you are the last person to leave your area.
- ◆ Turn off displays and decorative lights.
- ◆ Turn off or unplug any appliances in the office, such as coffee makers, desk lamps, fans, radios, etc.
- ◆ Turn off copier machines and scanners (including hallways). However, please do not turn off the new multifunction (copier/fax) machines like the Xerox Workcentre devices, as turning them off will prevent the office from receiving faxes. These machines have their sleep mode enabled.
- ◆ Please make sure that no objects interfere with the operation of motion sensors. Anything that can move around will prevent the motion sensors from shutting off the lights.
- ◆ Close the blinds on all windows.

Countdown is published every Tuesday & Thursday for NASA KSC employees. Deadlines are 9 a.m. Mondays & Wednesdays. E-mail news to anita.l.barret@nasa.gov. For questions or information, e-mail or call 867-2815. You can also find PDF editions of *Countdown* on the Web at: http://www.nasa.gov/centers/kennedy/news/countdown/countdown_toc.html.